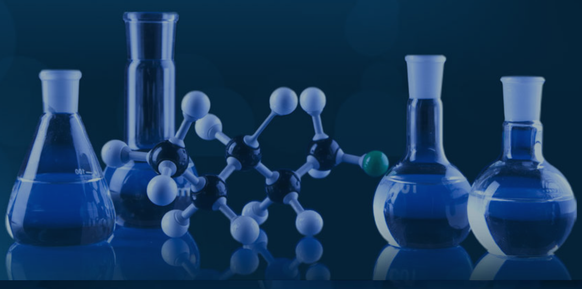

Slow Oxidizer Diet

Slow Oxidizer Diet Essentials

We receive many questions regarding dietary guidelines for the oxidation types. We highly recommend the ARL Plan 5 or Diet Plan. It can be included with any hair mineral analysis. This newsletter will clarify some of the more commonly asked questions about the slow oxidizer diet.

The dietary guidelines are defined by many factors such as oxidation type, mineral levels, ratios and vitamin requirements, as well as the nutrient content of foods and how they specifically affect one's chemistry and oxidation rate. Therefore, seeming contradictions cannot be avoided. In some instances, the report will indicate eating certain foods but in another section it is recommended to be avoided. If this occurs, *always follow the avoid indication.*

Slow Oxidizer Basics

All slow oxidizers are advised to follow certain basic dietary precepts. These are then modified depending upon each person's specific mineral imbalances. Dietary principles for the slow oxidizer are based on the research of Dr. George Watson and Dr. Paul Eck. They include the need for adequate low-fat, low-purine protein. Purines are chemicals found in greater amounts in anchovies, sardines, salmon, tuna and organ meats. Slow oxidizers should eat a portion of protein two or three times per day.

Slow oxidizers also feel better with a low-fat diet. They do better with fewer simple carbohydrates, although they often crave sweets, fruit and sweet juices. Those who have low blood sugar may need to eat more small meals or protein snacks during the day.

Additionally, we urge everyone to eat good quality, fresh food, some uncooked food daily and food grown by the organic method of agriculture. A recent study showed that organically grown grains and fresh produce averaged twice the mineral content of standard commercial food.

Eating regular, sit-down, relaxed meals, chewing thoroughly and eating slowly tremendously improves the value of any food eaten.

We often receive requests for exact amounts or percentages of protein, fat and carbohydrate for slow oxidizers. Listed in the diet plan are percentages such as increasing your protein by forty percent. This statement refers to protein *type foods* such as meat, fish, eggs, poultry, cheese, peanut butter, nuts and seeds. The percentages are to be used as guidelines only. The precise diet must depend upon lifestyles, activity level, digestive capacity, presence of other conditions such as candida infection or other chronic illness and even genetic differences. It would be less than responsible to insist on exact amounts or percentages for everyone based just on a hair analysis. We find that many people follow a few diet recommendations, while ignoring others. For example, one may eat more protein, but also continue eating many carbohydrates, or eating a lot of fruit. It is important to follow all aspects of the diet. An experienced practitioner may be helpful to spot oversights and inconsistencies in this regard.

Diet And The Calcium/Magnesium Ratio

Specific mineral imbalances may require modification of the diet. If the calcium/magnesium ratio is above 8.50:1 or less than 4.50:1, we recommend reduction in the consumption of carbohydrate foods, including starches and sweets. Dr. Eck's experience is that over-consumption of carbohydrates is one cause of an imbalanced calcium/magnesium ratio. Carbohydrates are a diverse food group that affects all minerals. Here are a few of the mechanisms involving carbohydrate foods.

Carbohydrate foods tend to raise the sodium level, which in turn affects calcium and magnesium levels. Carbohydrates cause the body to secrete insulin. Calcium is required for insulin secretion, while magnesium inhibits insulin secretion. Fructose, a commonly eaten carbohydrate, can lower copper levels, which in turn could lower calcium. The consumption of refined carbohydrates creates, over a period of time, deficiencies of chromium, manganese and zinc, among other elements, which affect the calcium/magnesium ratio.

Please note that dietary imbalances are not the only cause of an imbalanced calcium/magnesium ratio. A person may have an imbalanced calcium/magnesium ratio, yet eats very few carbohydrate foods. In this case, the imbalance is due to other factors. These may include weak adrenal glands, biounavailable calcium, a hidden heavy metal toxicity, magnesium loss due to zinc deficiency, or some other cause.

Diet And Copper Imbalance

Many slow oxidizers have an elevated copper level, or perhaps a copper level less than 1.0 mg%. The latter usually indicates that excessive copper is present in the body, but is locked in the tissues and organs and is not bioavailable. Individuals with a copper imbalance will receive special dietary notes in the Plan 5 Dietary Plan. This may include restriction of copper-containing foods. Please note that general dietary instructions are always given first, followed by specific modifications for the individual. This can explain why a food is listed as acceptable in one place and not acceptable later on in the plan.

High copper foods include chocolate, nuts, seeds, wheat, yeast and liver. Nuts, seeds and grains are fine for slow oxidizers in moderation, but may be reduced in those with a significant copper imbalance.

Thyroid-Inhibiting Foods

Many slow oxidizers are plagued with low thyroid activity. Therefore, one modification often suggested is to reduce or avoid consumption of foods that tend to inhibit thyroid activity. Lack of protein can inhibit thyroid activity. Other foods that should be avoided include *uncooked* broccoli, cauliflower, cabbage and Brussels sprouts.

While it is true that vegetables are excellent for slow oxidizers, the vegetables listed above, in uncooked form, can have an inhibitory effect upon the thyroid. *Cooked* cabbage and broccoli are fine and in fact are excellent vegetables to consume on a regular basis.

Inversions And Other Imbalances

The presence of a low sodium/potassium ratio or inversion, or other mineral deficiencies, may be benefitted by modifications in diet. The basic slow oxidizer diet still applies however, even less fat may be of help for an individual with a low sodium/potassium ratio. In addition, the use of sea salt or celery which is an excellent natural source of sodium.

Deficiencies of trace elements may be helped by greater consumption of foods high in these elements. These recommendations are only modifications or refinements of the basic principles of diet for the slow oxidizer.